Are you too attached to your technology?

Do you spend too much time using a phone, tablet or computer? If you cannot control how often or intensely you use your device – even when you know the negative consequences – you might need to make some adjustments.

Unfortunately, you can be addicted to your device. Here are some signs:

- You feel guilty about how often you use your device.
- You feel withdrawal or discomfort when you are separated from it.
- Your loved ones complain about how much time you spend using it.

Overuse of technology doesn't just zap your time, it also can lead to:

- Auto accidents
- Chronic diseases associated with a sedentary lifestyle
- Psychological problems stemming from a lack of social interactions
- Sleep deprivation
- Vision problems

If you need to distance yourself from technology to focus on more personal human connections, you can:

- **Create screen-free zones:** The car, kitchen table and even your bedroom are good choices for this designation.

- **Set aside tech-free time:** Go for a walk, play a board game or read a hard copy of a book or magazine. Use your phone's "do not disturb" feature during these times so you're not tempted by interruptions.

- **Streamline your apps:** Delete apps you don't need. Keep the ones you use the most or get the most enjoyment from.

- **Turn off alerts:** It's easier to ignore your phone if it doesn't buzz every few seconds with texts, emails and social media updates.

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